

PRINCE GEORGE'S COUNTY SENIOR NUTRITION PROGRAM

MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
5/02/16	5/03/16	5/04/16	5/05/16	5/06/16
ORANGE JUICE BAKED TILAPIA WITH LEMON BUTTER SAUCE SEASONED DICED POTATOES BRUSSELS SPROUTS WHEAT ROLL W/MARG. SKIM MILK COFFEE OR TEA	APPLE JUICE BEEF BARLEY SOUP W/CRACKERS OPEN FACED HOT TURKEY SANDWICH WITH GRAVY MIXED GREENS SALAD W/BALSAMIC VINAIGRETTE FRESH FRUIT SKIM MILK COFFEE OR TEA	CRANBERRY JUICE MEATLOAF WITH GRAVY GARLIC WHIPPED POTATOES SLICED CARROTS WHEAT ROLL W/MARG. FRUIT COCKTAIL SKIM MILK COFFEE OR TEA	GRAPE JUICE BEEF & BEAN BURRITO W/ENCHILADA SAUCE SPANISH RICE FIESTA VEGETABLES TROPICAL FRUIT SKIM MILK COFFEE OR TEA	CRANBERRY JUICE CRISPY BAKED CHICKEN SCALLOPED POTATOES BROCCOLI WHEAT ROLL W/MARG. AMBROSIA STRAWBERRY SHORTCAKE SKIM MILK COFFEE OR TEA MOTHER'S DAY LUNCH
5/09/16	5/10/16	5/11/16	5/12/16	5/13/16
APPLE JUICE TURKEY A LA KING GREEN PEAS W/ONIONS ROSEMARY CARROTS BISCUIT W/MARG. TROPICAL FRUIT SKIM MILK COFFEE OR TEA	ORANGE JUICE POTATO CRUSTED FISH TARTAR SAUCE LIMA BEANS HARVARD BEETS WHEAT BREAD W/MARG. DICED PEARS SKIM MILK COFFEE OR TEA	CRANBERRY JUICE HAMBURGER LETTUCE & TOMATO TATER TOTS CUCUMBER & TOMATO SALAD HAMBURGER BUN, MAYO WARM CHERRY TREAT SKIM MILK COFFEE OR TEA	RSVP LUNCHEON ALL SITES CLOSED	GRAPE JUICE MINISTRONE SOUP W/CRACKERS HOT ROAST BEEF SANDWICH MIXED GREEN SALAD W/RANCH DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA
5/16/16	5/17/16	5/18/16	5/19/16	5/20/16
GRAPE JUICE BAKED CHICKEN W/SWEET & SOUR SAUCE FRIED RICE JAPANESE VEGETABLES WHEAT ROLL W/MARG. MANDARIN ORANGES & PINEAPPLE SKIM MILK COFFEE OR TEA	APPLE JUICE BBQ PORK RIBLET BAKED BEANS COLLARD GREENS CORNBREAD W/MARG. TROPICAL FRUIT SKIM MILK COFFEE OR TEA	CRANBERRY JUICE BAKED POTATO W/BROCCOLI CHEESE SAUCE MIXED GREEN SALAD W/RANCH DRESSING SOUR CREAM & MARG. FRESH FRUIT SKIM MILK COFFEE OR TEA	APPLE JUICE BAKED CHICKEN W/APRICOT MUSTARD SAUCE MASHED SPICED YAMS BROCCOLI WHEAT BREAD W/MARG. SLICED PEACHES SKIM MILK COFFEE OR TEA	ORANGE JUICE VEAL PARMESAN W/MARINARA SAUCE GARLIC ROTINI SPINACH ITALIAN BREAD W/MARG. CHERRY FRUITED JELLO SKIM MILK COFFEE OR TEA
5/23/16	5/24/16	5/25/16	5/26/16	5/27/16
APPLE JUICE ROTISSERIE CHICKEN MASHED YAMS BROCCOLI WHEAT ROLL W/MARG. TROPICAL FRUIT SKIM MILK COFFEE OR TEA	APPLE JUICE CHICKEN NOODLE SOUP WITH CRACKERS MEATBALL SUB MIXED GREEN SALAD W/ITALIAN DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA	SENIOR HEALTH & FITNESS DAY ALL SITES CLOSED	GRAPE JUICE STUFFED SALMON W/DILL SAUCE LIMA BEANS PARSLIED CARROTS WHEAT ROLL W/MARG. APPLESAUCE SKIM MILK COFFEE OR TEA	CRANBERRY JUICE HAMBURGER BAKED BEANS COLESLAW HAMBURGER BUN, MAYO SLICED CHEESE HOT PEACH CRISP SKIM MILK COFFEE OR TEA

MONDAY 5/30/16  MEMORIAL DAY HOLIDAY ALL SITES CLOSED	TUESDAY 5/31/16 ORANGE JUICE BAKED TILAPIA W/LEMON BUTTER SAUCE SEASONED DICED POTATOES BRUSSELS SPROUTS WHEAT ROLL W/MARG. APPLESAUCE SKIM MILK COFFEE OR TEA			
---	--	--	---	---

Spring Spinach!

Did you know spinach is a spring vegetable? May is the perfect time to buy fresh spinach from the produce section of the grocery store or at the local farmers market.



Popeye, the famous cartoon character, used spinach as a source of spinach increased by 30% in the 1930s!



Spinach can be a nutrition-rich source of power for you too; its leaves are full of important nutrients, such as vitamins A, K, E, C, calcium, iron and so much more.

Choose one vegetable from each of the following color categories to make the perfect spinach salad, pair with low-fat dressing.

Base	Red	Orange/Yellow	Green	Purple	White
Spinach	Tomato Red Pepper	Carrots Corn	Cucumber Broccoli	Cabbage Beets	Onions Cauliflower